

20 Considerations for Kids Meditation

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Transdimensional Energy

1.) Body awareness method - Ask child to close their eyes and pretend that they are a tree, starting out as a small seed and growing toward the sky. Allow them time to shift their body however they choose as they grow into a large tree. If it is helpful for your child, guide them through the growth process: *you are a tiny seed, now you are sprouting small roots into the earth, now you are growing out of the ground, now you are growing branches*. Only do this if the child needs assistance, otherwise allow them to use their imagination and guide you through their growth process. This serves to bring awareness into the body. When done, ask what kind of tree they pretended to be. When they were growing, how did it feel? Did they think it was fun or funny?

2.) Sound awareness method - Have the child close their eyes and focus on a sound. Begin by having them tell you what type of sound it is. Is it a bell, a whistle, a drum? Once the child is focused in and able to identify the type of sound, begin to move the sound around the room. Ask them to identify where in the room the sound is coming from. Is it coming from the right, the left, the back the front? This begins to bring focus out of the mind and out of the body and heighten sensory perception.

3.) Visual imagery method - Both the adult and the child close their eyes, allow themselves a moment to relax and center into the meditation with two deep breaths. Once centered, the child begins to explore their imagination through stories. For example, if the child goes into their imagination they may see something like this and choose to share it so that the adult can share in the visual imagery: *"I see us walking beside a rainbow river and there are animals that are part dog and part frog and they are hopping up and licking us in the face."* There are no restrictions or limitations placed by the adult on what the child can express. The adult allows the child to guide them through the meditation based on the child's visual imagery in their imagination. This allows the child to share with the adult in a way that they may not otherwise be able to share. It is key that the adult does not judge or assess the guided meditation, only allows the child the ability to show the way.

4.) Breath method - Make a game out of breath. Ask the child to begin by breathing normal. Don't change anything, just notice how they are breathing. Is it at the top of their lungs, the middle of their lungs, the bottom of their lungs? Wherever it is, have them take a piece of masking tape and mark it across their shirt. Now, the object of this game is to have them focus enough on their breath that they can take new pieces of tape and begin to mark as the breath moves down, giving them a visual mark on their shirt for how their lungs are expanding and their diaphragm is dropping as they bring awareness to the breath (and body). In order to move the tape down their shirt, breath exercises are a must. Here is a great site to for some of these exercises. DO NOT OVEREXERT. Do not push beyond what you can handle. Take it slow and focus.

<http://cas.umkc.edu/casww/brethexr.htm>

5.) Mantra method - Kids are creative by nature. Before a meditation ask them to create a mantra that means something to them. It can be anything really, but it should be something that they want to resonate within themselves. For example it could be something like: *I am love, I am light, I am here for purpose* or *I am beautiful because I have a loving heart and compassionate soul and I will share this love and compassion with the world.* Once the child has created their very own mantra that is meaningful to them, spend 3 to 5 minutes (judge timeframe based on age) sitting in a room repeating your child's mantra with them. Be certain to set a timer so that the child's focus isn't on how long they have been saying the mantra and is simply on saying the mantra itself. By saying the mantra with the child, you are affirming your commitment and belief in what the child is stating.

6.) Singing method - In this method you combine song and touch. Take any affirmation or mantra - for example we can use the affirmation *I am love, I am light* - and form a tune that resonates for you and your child. As you sing the tune, touch a different finger to your thumb on each syllable. It isn't always necessary to sing aloud, though it is often far more fun. A benefit of this method is that it can be used to quickly bring calm to the child in situations where they feel stress or anxiety.

7.) Nature method - Often nature is a wonderful place to find internal comparisons. Take the child on a short nature walk. Make a game out of comparing nature to feelings, thoughts or imaginary places. For example, a comparison could be *A tree is much like my mind - firmly rooted here in the earth, but forever reaching for the stars. And every day it gets just a little bit closer to reaching them.* That is my personal comparison. What might a child find in nature? If they struggle to think of things at first, don't hesitate to get them started. Children are looking for adults to show them that it is ok.

8.) Drawing method - Pick a chakra point and provide the child with the basic understanding of what that chakra means. Ask them to imagine what their chakra looks like given this explanation. What does it contain? Are there people in there with them? Are there things in there with them? What color is it? Ask them to draw what they imagine it looks like. This can be done for each chakra. A great place to get a high level description of chakras is here:

<http://www.mindbodygreen.com/0-91/The-7-Chakras-for-Beginners.html>

9.) Color method one - Ask the child to pick a color - any color. Once they have selected, ask that they close their eyes and imagine themselves breathing that color in through their nose. Guide them as they see that color go down their throat, fill their lungs, and then help them see it as they exhale the color through their mouth. You can repeat this as many times as you would like. Each color carries with it its own energy and often a color is selected based on intuition. This is one source for more information about energies and color but there are many available, find one that resonates with you: <http://www.reiki-for-holistic-health.com/auracolormeans.html>

10.) Color method two (advanced) - In this meditation you will be working with energy, so take time to ground first. This can be done by imagining you have roots growing out of your body and going down into the earth, holding you firm or it can be done by seeing

anchors coming out of your body much like that of a ship. However you choose to ground, simply make certain there is something connecting you to the earth so that energy can flow through and not build up inside. Once you are grounded, the adult begins to ask the child to see a color - it can be any color. When the child is able to see the color, they say where they see the color - is it in their heart, their head, their throat, all over, around the adult, multiple places? After the color has been identified, the adult asks for another color and the process is repeated. This meditation brings focus and awareness to the energies that are already around and in us, but are not generally witnessed due to our focus outward versus inward. Grounding is suggested simply because this may be the first time some have connected in this way and it may assist in the process. Advise the child not to get frustrated if they do not see the color. It takes time and practice as do all things.

11.) Tapping method - Pick any chakra point and simply tap with your pointer finger and middle finger for 3 to 5 minutes repeating any mantra or affirmation of choice. For example, take 5 minutes before bed and sit together tapping your third eye for 2 minutes repeating, *I will see the world without expectation and embrace what I do see* - then move to your throat chakra for 1 minute and tap saying, *I will speak my truth in a loving and consistent way* - then move to your heart chakra and say, *I will be a vessel for love and light and will allow love and light to flow through me*. These are only examples but tapping (also referred to as EFT) and speaking affirmations can be quite powerful. For more information on tapping you can visit this site or google it and learn from many others:

<http://www.tapping.com/>

12.) Relaxation Music - Music has a profound impact on the vibration or energetic state of our bodies. It is important that this exercise is started by beginning to understanding the frequency of our brainwaves. Here is one site that can assist, but certainly feel free to dive into others: <http://www.finerminds.com/mind-power/brain-waves/> Once you have an understanding of these frequencies, sit down with the child and find a collection of music on youtube or wherever you choose that meet the frequency levels that you would like to target. Start out listening to this music together for shorter timeframes and then begin to expand the duration. **IF A SONG DOESN'T FEEL GOOD DON'T LISTEN TO IT!** This might mean that the song's vibration isn't right for your body and you may need to begin with another frequency. The benefit to this method is that you can listen to it while you are having dinner or while you are reading or drawing. There is no need to focus 100% on the music, which makes this a much easier form for children who may not want to fully focus on meditation.

13.) Musical Exploration method - Together with the child, find music that supports the meditation, movement and/or emotion you wish to explore. It can be fast, medium, or slow paced - one long song or many shorter ones - one genre or many genres. Decide together and set the track(s) on iTunes, Playlist.com or any player of your choice. Make certain you have enough space in the room for safe and free movement of all participants. Turn on the music, close your eyes and allow the music to begin to flow through your bodies. Take time to simply listen to the rhythm of the music, the flow of the vibration and see how it affects you. Does it make you feel any specific way? Does it

bring about any emotions? Do you see any visions? Does it make you want to dance? Don't limit movement if it does. This meditation strongly encourages movement with eyes closed so that it is an inside out expression without fear of judgement.

14.) Rhythmic Drumming method - Often children like to find ways to focus on patterns or beats. If this is something your child likes to do, combine with bringing awareness first to the exterior of the body and then to the interior of the body. Begin with a simple 2-3-2 beat using the hands as drums. Count off with the hands alternating and lightly pounding an area of the body to bring awareness to the area. Ask the child to count it off out loud - *one two, one two three - one two*. This will require focus and attention to alternate the hands, keep rhythm, and count out loud. Once they have master these motions, have them continue by counting in their heads, and once they are comfortable with this action ask them not to count at all but keep with the rhythm. Once they can keep the rhythm over the specific area, such as the heart, ask them to explore how that part of their body feels as they continue the light pounding. Even if the response is *sore from pounding on it* (a typical first response), that still means they are starting to be aware of that part of their body and this great, it will grow from here as they continue the exercise.

15.) Chanting - This isn't for everyone, but it is AMAZING in my book. This is a great video walking you through how to chant AUM or OM but there are many other chants and many other methods. Please explore and find one that works for you and your child.
<http://www.youtube.com/watch?v=rdpyTPd-aUw>

YouTube Videos

The following are videos that I have found to have useful information, but I **strongly encourage** adults screen prior to watching with children. If there is anything that you do not wish your child to see, take from them what you feel is appropriate to share and utilize it in whatever way you see fit.

16.) How To Meditate For Kids: A Children's Guide to Peace by Yuttadhammo Bhikkhu
<http://www.youtube.com/watch?v=98ficcEu-ns>

17.) Progressive Muscle Relaxation Meditation for Children and Parents by MindfulnessforMums
<http://www.youtube.com/watch?v=RUY0HEVbD1s>

18.) Yoga for Children: Guided Deep Relaxation taught by Swami Satchidananda
<http://www.youtube.com/watch?v=MSZZbYnwRyY>

19.) Guided Mindfulness Meditation- 5 minutes of Relaxation by ThinkVitality
<http://www.youtube.com/watch?v=JGZhGkfm9BQ>

20.) Releasing Anger - Guided Meditation - Soothing Experience - Relaxing Voice -

Brahma Kumaris by EasyMeditation

<http://www.youtube.com/watch?v=PKeQEOtNpSE>